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IN THE CLAIMS

1 1. (Currently Amended)

An ankle, leg and hip exercising device, comprising:
a lower portion having an upper end and a substantially rigid parabolic-shaped lower
end whereby said lower end may be selectively movably positioned on a
supporting surface so as to have a full range of movement with respect thereto;
and
said upper end of said lower portion having an elongated recessed area formed therein;
said recessed area being defined by a forward end, a rearward end and
5 generally vertical opposite side walls; and
10 a foot supporting and retaining portion at the ~~said upper end of said lower portion~~
 operatively secured to said opposite side walls of said elongated recessed area
 for supporting maintaining a person's foot therein in said recessed area and
15 resisting the upward, transverse, and longitudinal motion of the person's foot with
 respect to the device.

10 2. (Original)

The device of claim 1 wherein at least one exercise attachment means is
provided on said foot supporting and retaining portion.

20 3. (Original)

The device of claim 2 wherein said exercise attachment means has a receiving
means for receiving a weight means thereon.

4. (Previously Amended)

1 The device of claim 3 wherein said receiving means comprises an upstanding
pipe stub.

5 5. (Original)

5 The device of claim 4 wherein a first elongated tubular member, having upper
and lower ends, has its lower end received by said pipe stub and extends upwardly
therefrom.

10 6. (Original)

10 The device of claim 5 wherein the upper end of said first tubular member has a
hand grip portion thereon.

15 7. (Original)

15 The device of claim 6 wherein said first tubular member has weights mounted
thereon.

20 8. (Original)

20 The device of claim 5 wherein said elongated tubular member is comprised of a
flexible material.

25 9. (Previously Canceled)

25 10. (Original)

25 The device of claim 4 wherein a plurality of overlapping tubular members are
secured to said pipe stub and extend upwardly therefrom.

11. (Original)

1 The device of claim 2 wherein a plurality of exercise attachment receiving means
are provided on said foot supporting and retaining portion.

5 12. (Original)

5 The device of claim 11 wherein each of said exercise attachment receiving
means comprises a pipe stub.

10 13. (Original)

10 The device of claim 11 wherein said foot supporting and retaining portion has a
forward end, a rearward end, and opposite sides and wherein a pipe stub extends
upwardly from said foot supporting and retaining portion at its forward end and at each
of its sides adjacent the forward end thereof.

14. (Original)

15 The device of claim 13 wherein a horizontally extending pipe stub extends
forwardly from the pipe stub located at the forward end of said foot supporting and
retaining portion.

20 15. (Original)

20 The device of claim 13 wherein a pipe stub extends upwardly from said foot
supporting and retaining portion rearwardly of the pipe stub located at the forward end
thereof.

25 16. (Previously Canceled)

17. (Original)

1 The device of claim 1 wherein said foot supporting and retaining portion is selectively removably secured to said lower portion.

18. (Canceled)

5 19. (Canceled)

20. (Previously Canceled)

21. (Previously Amended)

The device of claim 28 wherein a heel retainer is adjustably positioned rearwardly of said U-shaped member.

10 22. (Previously Canceled)

23. (Previously Amended)

The device of claim 28 wherein said U-shaped member is secured to said upstanding walls.

15 24. (Previously Amended)

The device of claim 15 wherein said pipe stub which extends upwardly from said foot supporting and retaining portion rearwardly of the pipe stub located at the forward end thereof is selectively removable.

20 25. (Currently Amended)

An ankle, leg and hip exercising device, comprising:
a lower portion having an upper end and a parabolic-shaped lower end whereby said lower end may be selectively movably positioned on a supporting surface so as to have a full range of movement with respect thereto;

said upper end of said lower portion having an elongated recessed area formed therein;
1 said recessed area being defined by a forward end, a rearward end and
 generally vertical opposite side walls; and
and a foot supporting and retaining portion at ~~said upper end of said lower portion~~
5 ~~operatively secured to said side walls of said elongated recessed area for~~
 ~~supporting and retaining a person's foot therein in said recessed area, which at~~
 ~~least partially encloses the person's foot.~~

26. (Previously Presented)

An ankle, leg and hip exercising device, comprising:
10 a lower portion having an upper end and a parabolic-shaped lower end whereby said
 lower end may be selectively movably positioned on a supporting surface so as
 to have a full range of movement with respect thereto;
a foot supporting and retaining portion at the said upper end of said lower portion for
15 supporting a person's foot therein and resisting the upward, transverse, and
 longitudinal motion of the person's foot with respect to the device;
at least one exercise attachment means being provided on said foot supporting and
 retaining portion; said exercise attachment means having a receiving means for
 receiving a weight means thereon; said receiving means comprising an
20 upstanding pipe stub;
a first elongated tubular member, having upper and lower ends, having its lower end
 received by said pipe stub and extending upwardly therefrom; said first elongated
 tubular member being comprised of a flexible material; and

a second elongated tubular member selectively embracing said first elongated tubular
1 member, thereby increasing the rigidity of said first elongated tubular member.

27. (Canceled)

28. (Previously Presented)

An ankle, leg and hip exercising device, comprising:

5 a lower portion having an upper end and a parabolic-shaped lower end whereby said
lower end may be selectively movably positioned on a supporting surface so as
to have a full range of movement with respect thereto;

10 a foot supporting and retaining portion at the said upper end of said lower portion for
supporting a person's foot therein and resisting the upward, transverse, and
longitudinal motion of the person's foot with respect to the device; said foot
supporting and retaining portion including a recessed portion having a forward
end, a rearward end, and opposite sides; and

15 an arcuate, inverted U-shaped member that extends over the forward end of said
recessed portion.

29. (Previously Presented)

An ankle, leg and hip exercising device, comprising:

20 a lower portion having an upper end and a parabolic-shaped lower end whereby said
lower end may be selectively movably positioned on a supporting surface so as
to have a full range of movement with respect thereto;

25 a foot supporting and retaining portion at the said upper end of said lower portion for
supporting a person's foot therein and resisting the upward, transverse, and

longitudinal motion of the person's foot with respect to the device; said foot supporting and retaining portion including a recessed portion having a forward end, a rearward end, and opposite sides; said recessed portion being concave; and

upstanding walls at the opposite sides of said recessed portion.

30. (New)

An ankle, leg and hip exercising device, comprising:

a lower portion having an upper end and a parabolic-shaped lower end whereby said lower end may be selectively movably positioned on a supporting surface so as to have a full range of movement with respect thereto;

a foot supporting portion at said upper end of said lower portion for supporting a person's foot thereon;

at least one exercise attachment means on said foot supporting portion for maintaining a weight means thereon;

a first tubular member, having upper and lower ends, having its lower end received by said at least one exercise attachment means; and

a second tubular member selectively embracing said first elongated tubular member.